

SUMMER CORRESPONDENCE.

Advice to Ocean Tourists.

BROOKLYN, N. Y., Aug. 1, 1888.

I have been asked to write something that will be beneficial to Ocean Tourists, and especially for those who are chronically sea sick. Advice upon this subject has been plentiful, and under the circumstances, I take it as a distinct compliment that my readers give me credit for a desire to look into those things which pertain to their comfort and well-being. There are just a few points that I do understand, and it will give me great pleasure to communicate them. We will take this matter of odor, which, in a greater or less degree, must be encountered on all steamers. What can be done to mitigate the effect of that? In consulting one of our most distinguished physicians on this subject, I was immediately and most emphatically told that the practice of eating bon-bons was sure to emphasize the ship odor. "Candies and rich cake," he said, "and pastry of all kinds should be entirely tabooed for at least two weeks before starting on an ocean voyage," and added, "it's a pity that they cannot be everlastingly banished. Tell your readers that the truly healthy stomach is not likely to be disturbed by an odor, but no stomach can be healthy which is constantly loaded up with sweets; and to leave bon-bons at home."

Now here is one practical thought for those who are in the habit of eating candy. It would take me too long to state the effect which candy produces upon the system, and why an unpleasant odor is sure to be more mischievous to the consumer of sweet than to others; but there is a good physiological reason, which your doctor will tell you if you cannot find out for yourself. Plain food, then, should be eaten, food which will produce the best effect upon the stomach and bowels. A couple of doses of extract of magnesia has been known to be of great service, taken a day or two before starting. It is not well to fast when on the ocean, but even fasting is better than stuffing for those who are inclined to seek sickness. The advice to eat four times a day is very bad advice. The wisest thing to do is to eat when one is hungry, and then to partake of that which is most digestible. For those who are made uncomfortable by reason of a slight "qualmishness," from the time they embark till they leave the ship, and for the very sea-sick—those who go into their berths and stay there—I know of nothing that possesses such "staying qualities" as malted milk. It stays because it is so perfectly simple that it meets the wants of the disturbed system, and is digested without distress or extra nausea, and is, of course, assimilated, thus giving strength and making tissue. Those who cannot take milk in any other form can digest this preparation with ease. And then it is so palatable and promotive of an appetite. Enough can be taken for a voyage in one's travelling bag. It requires no cooking, will keep in any climate and is put up in neat granules, so that all stickiness and mousiness is avoided. Malted milk will dissolve more speedily in boiling water, but cold water will answer every purpose. This beverage, iced, is delicious, and sometimes fits an irritated stomach better than when taken warm. This preparation can be found at every drug store.

And now for the comfort and adornment of the outer woman, concerning which I have also been asked to write.

The sensible traveler will wear an old woolen dress, short enough to clear the deck entirely, stout, low-heeled, comfortable boots, and woolen underclothing. White skirts are as much out of place on a ship's deck as a balmoral petticoat would be in a ball-room. A heavy steamer shawl is a necessity, also a hood. Some of the steamer hoods are exceedingly pretty and stylish. Many of them are crocheted—the crazy stitch being used more than any other. Hats and bonnets and feathers and flowers and fancy parasols are only so much useless and burdensome *impedimenta*. The salt sea air works utter destruction to fur-buckles, and there is no more comical and ridiculous spectacle than a woman who has started on a sea voyage with the intention of making a sensation with her fine clothes. She is sure to make it before she is three days out, and in a manner quite the reverse of the one anticipated.

It is a good plan to leave the articles which are only used on ship-board at the office at the dock to be called for in return. This saves a lot of bother and trunk room. Again, the sensible traveler will economize in luggage.

Bags made of ticking or *cotonette* for shoes, brushes, combs, bottles, etc., etc., fastened stoutly to the wall, are the greatest possible conveniences. The nautical word "taut" ought to apply to all these matters. Keep the state room floor clean of all bundles and packages. The pitching and tossing of the vessel makes these moveables dangerous as well as disagreeable and wearing to the nerves. A friend of mine had two toes broken by a rising and falling portmanteau. Books can also be kept in the bags spoken of and in fact everything needed while on the trip. I would advise temperance, if not total abstinance in reading while crossing the ocean. There is nothing so healthful, so good for soul and body as a total abandonment to the charms of the sea. Do nothing but gaze and muse, and enjoy. And last but not least have your name in large letters on your easy chair.

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